

## ABSTRACT OF THE INVENTION

The present invention is to provide a method of manufacturing a foam from a thermoplastic elastomeric material, which comprises the steps of using thermoplastic elastomer as a raw material, adding foaming agent and crosslinking agent into the raw material, kneading and rolling the materials for forming a continuous sheet by means of conventional devices, and cutting the continuous sheet and then conveying to a hot-press mold for foaming.